



Elk Point 4-H Multi Club members speak out

Nineteen members of Elk Point 4-H Multi Club divided into three age categories to present both prepared and impromptu speeches at the annual Public Speaking Competition on Sunday afternoon, with families and friends there to cheer them on.

The Junior group decision went down to a tie-breaker, with Melissa Frisby and Janice Tymofichuk called up to present a second impromptu speech to determine the winner. Melissa Frisby, whose prepared speech told of her holiday adventures in Europe and whose first impromptu was on "the perfect school lunch," accepted the Elk Point Review trophy for first place. Janice Tymofichuk presented a prepared speech entitled "In the Company of Moose" and an impromptu on swimming to take the second place trophy donated by Anadarko. Also competing in the Junior group were Matthew Robinson, Chris McVeety, Lacey Wandler, Marvin Ockerman, Robyn Ockerman, Tyson Ockerman and Jessica Wirsta, with Lana McDonald, Ray Makowecki and Parrish Tung as their judges.

Derek Wruth, with another great "Summer Holidays" portrayal and an impromptu on "What I like most about 4-



ELK POINT 4-H MULTI CLUB'S TOP PUBLIC SPEAKERS - Back row, left to right are Jaylynn Wirsta, first and Nichole Havener, second in the Senior division; front, left to right are: Adam Zapesocki, second and Derek Wruth, first in the Intermediate division, and Janice Tymofichuk, second, and Melissa Frisby, first in the Junior division.

H", won the CJ Petroleum trophy in the Intermediate category, with Adam Zapesocki, speaking on the many options available to television watchers and giving an impromptu on West Edmonton Mall, placing second for the Anadarko trophy. Randy Wruth, Micheal Wandler and Shaun

Robinson also competed as Intermediate speakers, while Gabrielle Bayduza, Elena Drobot and Olga Ockerman did the judging.

Jaylynn Wirsta won the Alberta Treasury Branch trophy in the Senior category with her strong stand on "The Effects of Smoking" and a hilarious impromptu on

"The Best Excuse for Being Late". Nichole Havener spoke on the importance of "Academic Achievements in High School" and gave her impromptu on "You Can't Judge a Book by its Cover" to win the Anadarko trophy for second place. Danielle Wruth, Lorne Blacklock and Janina Laboucane also com-

peted in the Senior group, judged by Judy Bilak, Beatrice Neumier and Laverne Wilson.

Mrs. Bilak commented on "excellent speeches, well-learned," and presented by speakers who appeared "very relaxed." It was the impromptu speeches which set speakers apart, with "some excellent use of humor and personal experiences."

Ms. Drobot also remarked on the "really well written speeches," leaving Parrish Tung to remark that "the ladies said everything." He assured the speakers that "It's normal to be nervous," and suggested they "channel nervous energy into mental toughness."

Ray Makowecki commented that the juniors, "spoke with emotion - that's what communication is all about."

Five Alberta Treasury Branch awards of excellence were also presented by branch manager Joan Bauman. Derek Wruth and Adam Zapesocki received bronze awards, Danielle Wruth and Colin Ference the silver awards, and Nichole Havener qualifying for gold. Michelle Leckie, a second gold recipient, and Michelle Zapesocki, also qualifying for silver, were unable to be in attendance to receive their awards.

■ Up Front

MLAs want to know if hunting preserves are possible

By Steven Heywood
St. Paul Journal

The lobby for elk and deer hunting preserves in Alberta is still active and now pursuing provincial MLAs, but it is no further ahead than it was last year.

A joint Alberta White Tail Deer and Alberta Elk Association committee travelled the province in 2001, holding public meetings to find support for cervid hunting preserves (CHPs). Norm Moore, chairperson of the committee, led the effort and in this region held a meeting in Bonnyville. At that time, wildlife groups such as the Alberta Fish and Game Association opposed such a plan, as did officials within the Alberta Sustainable Resources ministry.

Last month, the pro-CHP lobby changed gears, meeting directly with MLAs at a Feb. 11 session of the Standing Policy Committee. St. Paul - Lac La Biche MLA Ray

Danyluk attended that meeting and says politicians heard what the group had to say.

"This is in its infancy," he says. "This is the start of a process."

Contrary to comments made at a recent Elk Point Chamber of Commerce meeting, Danyluk says there has been no 'first reading' of any kind on the hunting preserve proposal. He says MLAs of the Standing Policy Committee have referred the issue on to Mike Cardinal, Minister of Sustainable Resource Development.

"The Minister will look at the possibilities of allowing CHPs," says Danyluk. "MLAs want to understand if there is any potential."

However, he adds this has not gone before government, there are no regulations for cervid hunting preserves and nothing setting out what such a policy would look like.

"A presentation was made and the process is it would have be reviewed by the min-

istry, then come back to the policy committee as a proposed change in legislation. Then it would have to go to cabinet, through caucus and then on to the legislature for three readings."

The process is nowhere near this stage and Danyluk adds CHPs are currently prohibited under the Alberta Wildlife Act. In his riding, Danyluk says he's been hearing both the pro and con forces on the issue. He says one of the biggest hurdles is for both sides to understand each other - not to mention other challenges and risks of such a proposal.

"Right now, the proposal is a philosophical one," Danyluk says. "The Minister has to review this concept and come back to us with recommendations, even if he thinks it shouldn't be in his ministry. We just don't know."

Danyluk agrees there are a lot of different viewpoints on this matter. However, if Alberta were to go ahead with

CHPs, he says it would have to be done right and not 'slapped together'.

"And if it's not going to happen, everyone needs to know now."

Danyluk estimates an

answer from the minister to the standing policy committee could take a few weeks, adding he's not sure if this will even be a high priority for the minister.

Amalgamation disappoints CHC 4

Community Health Council chairmen were informed on February 22, 2002 by the Lakeland Regional Health Authority that effective April 1, the four existing non-Metis Community Health Councils in the Lakeland region would be amalgamated into one council.

The volunteer members of Community Health Council 4, representing Elk Point, Glendon, Bonnyville, Cold Lake and surrounding communities, unanimously expressed their disappointed with this mandated move, and feel that the community input on health issues will suffer considerably with this centralization.

The next and last public meeting of Community Health Council 4 will take place at the Cold Lake Health Centre on March 20, 2002 at 7:30 p.m. The public is invited to attend with their health related concerns.

community NEWS

Achievement awards presented to worthy 4-Hers



ATB FINANCIAL Manager Joan Bauman presents the gold achievement award to Nichole Havener, a six-year member of the Elk Point 4-H Multi Club.



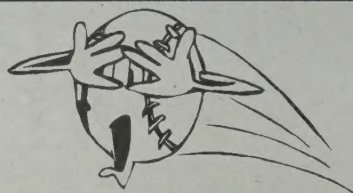
SILVER ACHIEVEMENT AWARDS went to Danielle Wruth and Colin Ference. Joan Bauman made the presentations.



BRONZE ACHIEVEMENT AWARDS were presented by Joan Bauman on behalf of Alberta Treasury Branch to Adam Zapesocki and Derek Wruth.

Congratulations!

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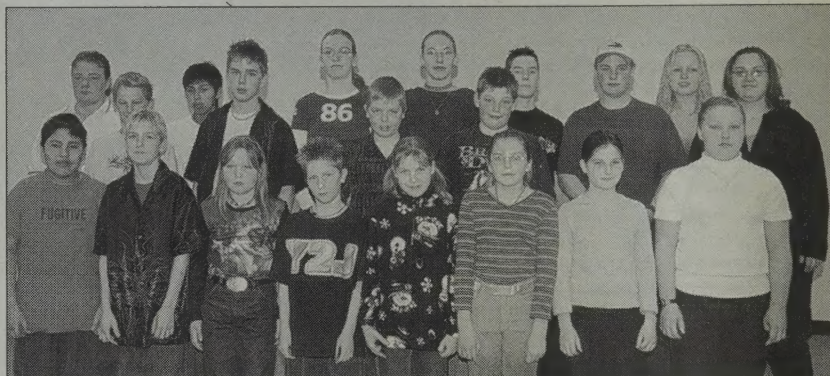
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Proud 4-H Participants

Elk Point 4-H Multi Club members joined to give the 4-H pledge as their 2002 Public Speaking competition began.



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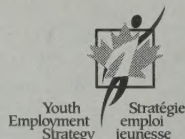
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call Len Cole (780) 724-2837; Fax (780) 724-4087

School theft

Between Friday, February 22 and Monday, February 25, 2002, a theft occurred at the Frog Lake School in Frog Lake, Alberta. Over the weekend, the suspect or suspects entered the school and stole a Samsung DVD player and JVC stereo. The items are valued at \$370.

They have been entered on the police computer system as stolen.

Crime Stoppers will pay up to \$2000 for information leading to the arrest of the person(s) responsible for this or any other crime. You do not have to reveal your identity and if your tip leads to an arrest you qualify for an award.



Summer Jobs IMPORTANT NOTICE To Employers

Summer Career Placements is a wage subsidy program that enables employers to hire students during the summer for a period of 6 to 16 weeks. Private, public and not-for-profit employers are invited to submit their application by:

April 2, 2002*

The objective of the program is to provide students with work experience related to their field of study. Applications will be evaluated based on the quality of the experience offered, local and regional priorities as well as available budgets.

To apply or to find out more about this program, please contact your nearest Human Resources Development Canada office or call 1 800 935-5555.

Internet: www.hrhc-drhc.gc.ca

* Please note that the application deadline for the Northwest Territories and Nunavut is April 9, 2002.

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community **NEWS****"Talk to your pharmacist" - in Elk Point, that's Shane**

It's National Pharmacist Awareness Week, and the theme this year is "Talk to your pharmacist."

In Elk Point, that's easy to do. Capitol Drugs pharmacist Shane St. Arnault delights in being available for consultation by his customers at any time.

St. Arnault has been a pharmacist for over five years, after completing a year of pre-pharmacy training at Red Deer College and four years at the University of Alberta. He worked in the pharmacy departments of Safeway stores all over the province for six months, and "got to see a lot of different ways of practicing pharmacy." Then he moved to Bonnyville, working at Davey Drug Mart for a year and a half before going to work for Denis Lavoie. He worked in the Bonnyville Hospital pharmacy as chemo pharmacist for a year, and then came to Elk Point to work in Lavoie's newly acquired Elk Point Pharmacy. After a year and a half there, Lavoie purchased Capitol Drug and St. Arnault moved up town.

His pharmacy career is "all and more I thought it would be. I've come to enjoy the public relations aspect a lot more." Pharmacy is "not about counting pills. It's communicating with people and giving them the information they need. I want to be used as a knowledge source, and to be approachable."

St. Arnault feels it's important to be involved in the community "so

people see you outside the pharmacy" and get to know their pharmacist as a person. In addition to coaching the Bantam Thunder hockey team which is on its way to Provincials this weekend, he plays hockey and is involved in golf, as well as tutoring students in chemistry and physics, and coaching badminton. "I enjoy kids and youth, and I feel they need role models to talk to and look up to."

If those young people asked if they should pursue pharmacy as a career, he'd tell them that it is very rewarding, "especially when one of your customers comes in and thanks you" for your help.

Alberta is currently more than 300 pharmacists short, and for those graduating with a degree in pharmacy, "the sky's the limit." The average age of today's pharmacists is between 45 and 47, so more opportunities will open up in a few years as these people reach retirement age. Even now, "there are more retiring than graduating," and out of each year's 110 member graduating class, some leave the province and others go into medicine.

St. Arnault had, at one time, thought of moving into dentistry, but since moving to Elk Point, "I changed my mind. The people here are so kind and patient. I decided I wanted to keep doing this. I plan on staying here, and hope to purchase the pharmacy in a few years. I want to continue to improve it and help the keep the community vibrant and strong."



FRIENDLY NEIGHBORHOOD PHARMACY STAFF - Pharmacist Shane St. Arnault and his smiling assistant Shauna Kinjerski enjoy serving the needs of customers at Capitol Drugs, Elk Point.

Unique truck stolen from farm

■ On February 21, 2002 the Elk Point RCMP received a complaint of a theft of a vehicle from a rural residence south of Elk Point.

Between February 14 and February 21, unknown person or persons entered a locked storage shed on the farm and stole a 1976 Chevrolet 3/4 ton four wheel drive pickup. The truck is painted camouflage and has a black Courtney Berg bale handler installed. Various

tools and other farm supplies were also taken from the shed.

This is a very unique vehicle and Elk Point RCMP are requesting the public to be on the lookout for this truck.

■ Some time between Wednesday night, February 27 and Thursday morning, February 28, unknown person(s) broke the front door window to the vacant building located next door to Magic Pizza on Main Street, Elk

Point.

Anyone with information regarding either incident is asked to call Crime Stoppers at 1-800-222-TIPS (9477) or the Elk Point RCMP at 724-3829.

ELK POINT UKRAINIAN DANCE CLUB

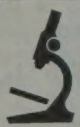
Would like to thank all who attended our Pasta Supper, held February 7, 2002. We would like to thank the following businesses for their donations toward the supper: Elk Point Co-op, Canadian Salt, Elk Point Seniors Centre, Tags, Golden Loaf Bakery.

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ANNUAL GENERAL MEETING

Thursday, March 21, 2002

UPSTAIRS AT THE AG. CORRAL
IN ST. PAUL AT 7:00 PM

GUEST SPEAKER: SHIRLEY MCCLELLAN

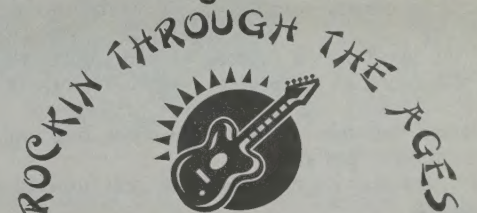
Minister of Agriculture & Rural Development

Come join us for wine and cheese

2002 Memberships will be available.

**A.G. Ross Arena
Operating
Committee Meeting**

Wednesday, March 6, 2002
at 7:30 p.m.

**Elk Point Skating Club
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Sunday, March 10 at 2:00 p.m.
at the AG Ross Arena

Come show your support for our talented youth!

GUEST SKATER: DAYLAN HOFFMAN

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review VIEWPOINTS

Fostering understanding

Last Monday at MLA Ray Danyluk's breakfast meeting, he had on hand as special guests, the MLAs from Calgary Shaw and Red Deer North.

It was very interesting to hear about the concerns they face in their constituencies. It doesn't seem so bad that our children may have to ride a school bus for an hour to get 20 miles to school, when we hear that in Calgary, the equivalent students might have to ride two buses and a C-train, taking an hour and a half to get a couple of miles. It could take someone far longer to get to a hospital right there in the city, through rush hour traffic, that it would for us if we lived way out in the country. They listened with great interest to the concerns we have in the rural areas, and were surprised to see that some of their concerns are also some of ours.

What better way could there be to foster understanding of a different way of life than to bring the city folks to the country to see what it's like for themselves and to meet some of the rural residents in person? While we are at least superficially familiar with city problems, having driven in their rush hour traffic and watched their news every night, they don't have the luxury of knowing that much about our lives and our lifestyle.

If they are going to be responsible for making decisions that will effect us, it's very necessary for them to learn that there is intelligent life out here in our part of the universe, and that we are just as concerned with making our lives better as they are.

Letters to the Editor

Hunting or 'pet shoot'?

To the Editor:

Regarding the article "Cow-Calf Group support wildlife Hunting Preserves."

According to an Alberta government source, the Alberta Cow-Calf Association is a small, private group started in Northeastern Alberta. It is not the voice of the majority of cow-calf operators, locally or provincially.

The non-Canadian hunters are coming now, with hired Canadian guides and whatever spin-off benefits this creates. Additional spending will not be coming except to the cervid owners.

The proposed elk and deer hunting preserves are not a moral or ethical solution to an overabundance of fenced-in "wildlife".

How soon will a disease start to spread to our natural wildlife, such as the Saskatchewan farmers are encountering now?

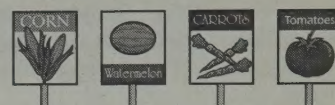
Never call this proposed practice hunting! It is nothing more than a "pet shoot".

P.S. Hunters do not golf in the real hunting season.

Lyn Young
Elk Point

Nutrition Month

Incorporating vegetables and fruit into your diet



Canada's Food Guide to Healthy Eating recommends eating five to 10 servings of vegetables and fruit a day. How many people know what an actual serving size is? Let me tell you. One serving equals:

- one medium size vegetable or fruit (an apple, carrot or handful of grapes);
- 125 ml (1/2 cup) of vegetables or fruit (fresh, frozen or canned);
- 125 ml (1/2 cup) of your favorite vegetable or fruit juice;
- 250 ml (1 cup) of salad; or
- 50 ml (1/4 cup) of dried fruit (raisins or apricots)

Now that you know what a serving size is, how many do you get in an average day? Many people don't know how to incorporate the recommended five to 10 servings of vegetables and fruit into their daily diet. Do you? Here are some tips on how to add more vegetables and fruit into your diet.

Breakfast

- top a bowl of whole-grain cereal with sliced bananas, fresh berries or raisins;
- grab some easy-to-grab foods like bananas, apples or grapes if you're rushed;

- mix low fat yogurt with fresh or canned fruit, and sprinkle with low fat granola;
- add one cup of berries or mashed bananas to pancake batter or top pancakes or waffles with fresh fruit;



Linda
FOX

Registered Dietitian

- make a delicious fruit shake - blend one cup of fresh or frozen fruit, 1/2 cup of low fat yogurt and 1/2 cup of fruit juice;
- have a glass of 100% fruit juice.

Lunch

- enjoy minestrone, vegetable or tomato soup;
- have a salad made with romaine lettuce or spinach and lots of vegetables;
- add lettuce, tomatoes and/or cucumbers to a sandwich;
- add vegetable sticks to your lunch;
- have leftover vegetables with grated cheese;
- have fresh or canned fruit for dessert.

Supper

- have second helpings of vegetables;
- add orange or grapefruit sections, apples or raisins to a salad;
- add corn, peas or green peppers and onions to cooked rice or pasta;
- add fresh, frozen or canned vegetables to spaghetti sauce, chili, lasagna, casserole or stew;
- make homemade pizza and top it with your favorite toppings;
- have fruit for your sweet at dessert.

Think of more ways that you can incorporate vegetables and fruit into your meals. Experiment and enjoy!

For more information, contact the Registered Dietitian at your local health centre, or visit www.dietitians.ca/eatwell - the Nutrition Month site. It has many features such as "Nutrition Challenge", "Your Nutrition Profile", "Meal Planner", "Healthy Body Quiz" and "Virtual Kitchen." Click on "Cook Great Food" for sample recipes from a new cookbook.

Chase those blahs away

Do something you enjoy this spring!

For those of you who have been fighting the February "Blahs", you can refocus now, because March has arrived with all of its promise that spring is just around the corner. Goodbye to snow, ice and cold temperatures with cold wind. But then again, the weather may not be the only thing that is causing those February "Blahs".

Some possible causes of the "blahs" is being over-committed in everything you do and not allowing yourself enough free time to just relax your mind and body. That is probably one reason why we look forward to summer holidays. It is during this time that we completely change our daily routines and we get involved in different, unique, relaxing activities. Therefore one solution would be to allow time in our daily routine tasks in the winter months for some unscheduled free relaxed time. Anyway, it would be worth a try.

Another possible cause of the "blahs" is to look at the type of activities we are involved in. Are they something we enjoy doing? When Pablo Casals reached 95, a young reporter threw him the

following question. "Mr. Casals, you are 95 and the greatest cellist who ever lived. Why do you still practice six hours a day?"



deanna
EASTHOPE
from the FCSS desk

Mr. Casals answered, "because I think I'm making progress." In other words, Mr. Casals was doing something he enjoyed doing, even though it was six hours a day.

Therefore, age doesn't really have anything to do with the "blahs".... or does it? For those of us who have reached our 50th birthday, how did you feel when you heard people say, "Fifty is nifty", or "Why, you don't look 50", "Why, you can't be 50", and "We know you can't be 50." So by the end of the day, you just felt fabulous. But then again, it doesn't take long for someone to say something like: "May I get someone to help you with that as I am sure it is hard for you?" Or, how about when the delivery person from the

flower shop brings you some flowers for your 50th birthday and makes the mistake of saying, "Oh, 50, eh?" "Yes." "That's great! Birthday or anniversary?" ..whoops!

The point that one could surmise from all of this would be: "Let us not let what others say affect what we enjoy doing." So if you want to enjoy being 50, enjoy being 50, and if you enjoy playing the violin, enjoy playing it. "Carry on" needs to be our password.

Speaking of carrying on, I have always admired the example of Winston Churchill. He did not become prime minister of England until he was 62 - after a lifetime of defeats and setbacks. Then his famous words which he gave to the people of England were, "Never, never give up!"

Joseph Fort Newton said it another way. "We cannot tell what may happen to us in the strange medley of life. But we can decide what happens in us... how we can take it, what we can do with it... and that is what really counts in the end." So in other words, just tell your blahs to go away as they are not welcome anymore in your life.

Elk Point REVIEW

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the Zone 2
champions -

Elk Point Bantam Thunder

Next stop:
Provincials!



ELK POINT BANTAM THUNDER - Front row, left to right: Scott Dallaire, Tyson Slywka, Kurt Kozicky, Nicky Myshaniuk, Kelly Calliou; back, left to right: Assistant Coach Lynall Slywka, Coach Shane St. Arnault, Myles Quinney, Clifton Michaud, Greg Kozicky, Jesse Kozicky, Jason Kalynchuk, Manager Lorraine Ference. Missing from photo: Brandon Holthe, Robert Goldsmith, Brolin Butz and Levi Bristow.

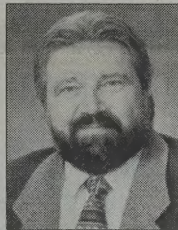
The best of luck in Hughenden!



The Town of Elk Point
is proud to see our community
represented by the

BANTAM THUNDER

at 2002 Provincials.
BEST OF LUCK!!



Ray Danyluk, MLA
Lac La Biche-St. Paul

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Bantam Thunder**

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IN HUGHENDEN
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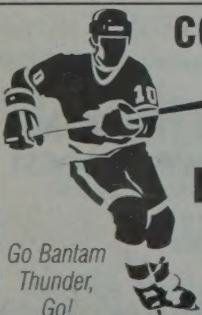
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~~bantam hockey~~ **PROVINCIALS**

Meet the stars of "the Big Show" - Bantam Thunder

The Thunder is off to the Bantam D provincial final, "The Big Show" this coming weekend in Hughenden. It's always exciting playing in provincials, the games are intense, the blood pumps, and the pressure mounts, shift after shift, and only the best rise to the occasion, something like the Olympics, if you know what I mean. You know the Thunder name has a long tradition of doing well at provincials and we all wish them the best of luck. Here's the "Hound Dog's" scouting report on the Thunder players

By Doug Bassett
Review Sports

Kurt "The Wall" Kozicky. The backbone of any team is its goaltending, and this guy has

been standing on his head all year, a fierce competitor, with quick reflexes, he can cover a lot of the net, and win you the big game. Kurt already has a gold medal from last year.

Greg Kozicky. Team Captain, has a huge 6' 4" frame and plays a physical game, good puck handler with his long arms, he has shown his offensive ability this year, a real team leader. Gold medal last year.

Jesse Kozicky- speed to burn, works the boards well, goes to the net hard and will never quit, has a nasty streak, great fore checker. One Gold medal already on the wall.

Tyson Slywka isn't the biggest defenseman in the league, but still the goalie's best friend, real steady D man who plays his position very well

Brandon Holthe has great skills, a hard heavy shot that can do a lot of damage (whenever he hits the net, "just joking"), this guy is a great skater, loves the physical game,, gold medal last year

Robert Goldsmith- big and strong, and still

only a 1st. year bantam, this guy has good speed, plays physical, a two way player that is reliable on forward or defense.

Jason Kalynchuk- smart and confident, the quarterback of the team, the best set up guy, reads the ice really well, plays physical, has a gold medal from last year

Kelly Calliou- 100% improved skater from last season, can execute tape to tape passes, has excellent hands around the net, good finisher. Also has a gold medal.

Myles Guinney- a banger and crasher, "Mylo" has some real amazing moves, and can be real offensive threat

Wayne Rainey- strong skater, and is known to have the most hustle on the team, a real good fore checker

Clifton Michaud- team joker, " Jokes that Kurt and himself could run the power play alone". A big player whose size can be intimidating and is hard to move when he is in front of the net, good hands.

Nicky Myshaniuk- the number one face off man on the team, "Sniper" is a natural goal scorer, a rookie that is known for "going upstairs" on the goalies.

Scott Dallaire- a hardnosed player, who is the best checker and most physical player on the team.

Brolin Butz- not intimidated by anything, and will go after the biggest player on the other team -this could be why he broke his arm?

Levi Bristow- hard working, very good all round player whether on defense or offense, most improved player on the team

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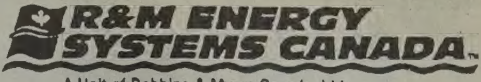
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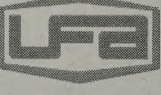
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on playing in the Provincials
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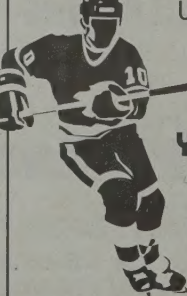
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**ELK POINT
REVIEW**

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~~bantam hockey~~ PROVINCIALS

Minor hockey spends the weekend on the road

By Doug Bassett
Review Sports

While the Beer League tournament was entertaining the home town crowd all weekend, (story and pictures on Page 8), our Minor Hockey teams were out on the road.

Bantam Thunder played in Cold Lake on Friday night, with only eight skaters, winning 4 to 2. Jesse Kozicky, Nicky Myshaniuk, Jason Kalynchuk and Brandon Holthe all scoring. Then on Sunday the Thunder traveled to Lac La Biche, once again with only eight skaters, this

time losing 5 to 3, the last two goals scored in the last five minutes of the game when the boys ran out of gas. Jesse Kozicky, Nicky Myshaniuk and Brandon Holthe scoring, Jason Kalynchuk assisting on two.

This coming weekend, the Thunder are off to the provincial final, "The Big Show" as we call it, down in Hughenden, playing their first game at 1 p.m. on Friday. Good luck to the boys!

The tiny **Micro Novice Tornados** took the weekend off so they could watch their big old daddy's compete in the Beer League tourna-

ment.

The **Novice Hurricanes** played to a 5 all tie on Saturday against Vermilion. Brendan Bishop with two, "Dirty Harry" Harrison Maas, Tanner Shankowski and Jordyn Wozniak all scoring. Always "in your face," an aggressive type player, Dylan Loughran received three penalties, but he also assisted on three goals, making up for the penalties he took. And speaking of penalties, goalie Chad Nauss, stopping a penalty shot, his second time this season.

Atom Avalanche started the first round of playoffs, playing in Lac

La Biche on Saturday and coming home with a 5 all tie, Ian Jurak with two, Josh "Wheels" Weir, Kameron Ballas and Mike Marianchuk all scoring, then on Sunday they defeated Lac La Biche 6 to 3, to win the two game total point series, and go on to meet the winner of the Two Hills and Cold Lake series.

Mike Marianchuk showed his great speed and scoring skills, getting the hat trick, Ryan Marcenik, Sonny Benson, and Ian Jurak also scoring, defenseman Kameron Ballas and Jordan "Krank" Krankowski assisting. Goalie Jerin

Bezpalenko, who thrives under pressure, stayed cool winning another big game and this weeks "Hound Dog's Award" for consistent effort.

The **Peewee Avalanche** traveled to the home of the Sutter brothers, Viking, and ended up playing some of Sutter's style of hockey, a very rough and rugged game, the Avalanche losing 7 to 3. Hats off to Mitch Walker getting a natural hat trick, scoring all three goals. Assists from Kody Wickham, Cole Brodwin, Jeff Huseby, and Tyler Loughran.

Neither team was able to score on Sunday

when the **Midget Girls Storm** traveled to Kitscoty. They had lost the first game of the second round of their playoffs at home to Kitscoty on Thursday night by 4 goals, Kitscoty winning the two game total point series.

Once again, it's time for this week's K.A. Campbell trivia question. Who scored the winning goal in O.T., when Elk Point won the gold medal in the 1995 Bantam provincials? Who assisted on the goal? Last weeks answer. Who won gold? Edmonton Warriors. Who won the silver? Irma

Let the
Thunder
roll!

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weekend
at
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Congratulations on being in the Provincials, Bantam Thunder and the best of luck - have fun!!



Sharil Baumgardner

County of St. Paul

Councillor (Division 2)

Phone (780) 724-3669



On behalf of the County of
St. Paul #19 and staff we
wish the Bantam

Thunder the best
of luck in the
Provincials in
Hughenden.



**Congratulations Bantam Thunder
On Making The Provincials!**



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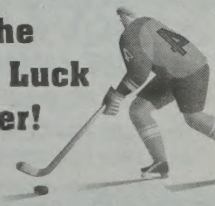


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review **SPORTS**

It's not the NHL, but Beer Leaguers have more fun

By Doug Bassett
Review Sports

"My boy's going to play in the big league, my boy's going to turn some heads, my boy's going to play in the big league, my boy's going to knock them dead, ohhhhhhhh in the Beer League"

The 2nd. annual Beer League tournament was a huge success this past weekend with six teams competing for bragging rights for the summer. Each team played two games in their pool Friday night and Saturday then the finals going on Sunday. Lindbergh Last Knights went 16 to 6 over E-Can to win the C event, Jorvik 8 to 6 over the B&R Bullets, in the B event, and the A side winners the team out of Edmonton, with some local talent on their roster, Wenzel Downhole Tools going to double overtime before they defeated the Myrnam Crooked Shooters 7 to 6.

A great time was had by all, the players, spectators and the kids, and a big hand should go to Kendall Zarowny and Brent

Becker for organizing the tournament, and to all the volunteers

who came out and helped in the concession and bar, the prof-

its (approx \$1400.00) all going to help operating expenses at the

A.G. Ross Arena. We also would like to thank Pyramid

Electric for sponsoring the cost of the referees for the weekend.



WENZEL DOWNHOLE TOOLS went into double overtime to defeat the Myrnam Crooked Shooters 7 to 6 in the weekend's Beer League Tournament.



JORVIK won the "B" side final over the B & R Bullets.



MYRNAM CROOKED SHOOTERS placed second in the "A" event of the six team tournament.



B & R BULLETS placed second in the "B" final.

More tributes to Elk Point Bantam Thunder as they head to Provincials

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what's NEWS at the LIBRARY?

Read up on all you need to know for good nutrition

By Daphne Schnurer
Librarian

March is Nutrition Month, and there's lots of material at the library to help you with your nutrition choices.

Some of the new books on our nutrition shelves include:

Prevention's Best Energy Boosters - Natural ways to boost energy and supercharge your life.

Calorie, Fat and Carbohydrate Counter - plus 80 fast-food chain analyses.

Reader's Digest Foods That Harm,

Foods That Heal - an A to Z guide to safe and healthy eating.

Strong Women Eat Well - Healthy foods for a busy lifestyle as well as 50 delicious recipes.

Nutrition Almanac - Understand the connections between nutrition and disease, expand

your knowledge of proteins, carbohydrates, fats, vitamins and minerals.

Canadian Living Health Book - "Healthy Together" - a couple's guide to midlife wellness.

Sugar Busters for Kids - combat child-

hood obesity safely and effectively. Meal plans tailored for the whole family and recipes for food your children will love.

"Genetically Engineered Food" - Changing the nature of nature - what you need to know to protect your-

self, your family and our planet.

Senior's Tea today

We won't guarantee good nutrition, but we do guarantee goodies, along with tea and good conversation. Join us this afternoon at 2 p.m.

Calling all 'mouse potatoes': it's time to surf smarter

By Carol Moro
Take Off Pounds Sensibly

Ah, the lure of the Internet. So many interesting sites to check out, chat rooms to visit, and online stores for impulse shopping. It's easy to get caught up in it all. Then a glance at the clock reveals that for the last several hours, you've hardly moved a muscle except for an occasional twitch of your index finger.

Uh-oh. You're on the

slippery slope to becoming a mouse potato.

Like couch potatoes (their TV-loving counterparts) mouse potatoes are glued to a tube — in this case, the glowing computer screen. But while couch potatoes confine their indulgence to the family room, mouse potatoes face temptation both at home and at work.

Now, no one's suggesting you stop surfing the Web, but you can

learn to surf smarter. Try these tips.

■ At least every half hour, take a break from the keyboard. Get up, move around, and do some gentle stretching. The movement will refresh both body and mind.

■ Make sure your equipment is arranged so that you can maintain good posture without straining. You'll be less likely to slump and to suffer fatigue.

■ When surfing for

pleasure, check out sites that encourage you to exercise and that provide tips on exercises you'd like to try. Many sites feature well-written stories by experts on motivation and physical fitness. Think of these as free magazine articles that you can print and save for times when you need a little encouragement.

■ The Web can also help you eat more sensibly. Many sites offer good nutritional advice,

low-fat recipes, and hints on healthy cooking.

■ Seek out online "buddies" who will encourage you to stick to healthy habits. For instance, you and an online pen pal might agree to keep tabs on each other's daily exercise.

■ Finally and most

important: know when to quit. The Web is a tool, not an end in itself. At some point you need to try that exercise you've been reading about... whip up that new recipe you found... and connect with people face-to-face.

Good luck — and happy surfing!

Help kids eat more fruits and veggies

It's surprising how few fruits and vegetables children eat. In fact, according to a Heart and Stroke Foundation study, only 20 per cent of Canadian children six to 12 years old get the recommended daily minimum of five servings

of fruits and vegetables. If this seems like a lot, consider that one serving is equal to only one medium-sized fruit or vegetable, or a half cup of fruit or vegetable juice.

No one — especially children — should skip

breakfast. For a healthful start to the day add 125 ml (1/2 cup) of sliced fruit to a bowl of cereal, yogurt, oatmeal or pancakes to increase fibre, vitamins and flavour!

Children eat food when it's convenient. Washed

fruit and vegetables (whole or sliced) left in an area where children spend time after school doing homework or watching the TV are a handy "fast food" for hungry kids. Try serving sliced fruit with yogurt for dipping. And for a recess snack or lunch, pack raw vegetables with a tasty salad dressing as a dip. Adding a bit of fat helps kids (and adults) absorb more beta-carotene from foods.

New radiology equipment for Health Centre

The Elk Point Health Centre will have its x-ray unit, table and processing equipment replaced on March 10. The old equipment,

purchased 20 years ago, will be dismantled to make room for the new, modernized unit.

The new x-ray unit will give Health Centre staff more automation for techniques and procedures. They will now be able to do upright knee x-rays, the new adjustable x-ray table will allow easier access for patients, and the new film processor will speed up processing

time for films.

The X-ray Department will be closed from March 10 to March 24 to replace the equipment and train staff on its use. The Laboratory Department will be open regular hours during that time. All x-rays will be referred to other facilities during the closure. Sorry for any inconvenience this may cause.

Pioneer Circle bingo

February 25, 2002

Louise Popeil \$45, Annie Piotrowski \$112, Mabel Aulotte \$45, Carol Maas \$30, Vi Lillemoen \$60, Sylvester Gladue \$30, Helen Trach \$30, Nellie Nelson \$30, Ivy Ference \$30, Irene Miller \$15, Sherry Stanley \$15, Dan Demchuk \$30, Sophe Stamp \$52, Olga Melnyk \$30, Ann Uchman \$30, Olga Lawrence \$31, Helen Gulayec \$31, Dina Leaf \$24, Annie Stanley \$50, Hazel Hannah \$40, Patti Badger \$10, Arthur Stanley \$10, Anita Ballas \$130, James Moosepayo \$30, Mary McGillvary \$30, Ed Piotrowski \$100.

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Elk Point Christian Community Church
Phone 724-2493

Pastor Richard Upham
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Sunday School - 10:00 a.m.

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1 AUCTION

ST. PATRICK'S DAY Auction: Sunday, March 17, Oyen. Rare collections of toys, pedal tractor with loader, lamps, oak ribbon store display cabinet, clocks, medallia. Lloyd's Auction 403-8 5 4 - 2 4 8 1 ; www.lloydsauction.com/.

GRAZING LEASE AUCTION, March 21/02, 2 p.m., ACFA Regionale de Bonnyville Hall, 4904B - 50 St., Bonnyville. Lease location North of Ardmore. Approx. 2033 acres, 462 Aum. Annual rent \$642.18. Excellent water. Borders 2 lakes (good fishing). South border follows creek. Several dugouts. Phone 1-800-269-8580 or website: www.stewartauctions.com.

2 AUTO

'92 CHEV. BERETTA GT - 3.1 L, V6, loaded. Excellent shape. \$5,200.00 obo. Phone 645-6008. Mar12

1996 FORD TAURUS - Loaded, \$4,000. Phone 635-2489. Mar12

'93 CHEV. Z71 REG CAB - 4x4, red & silver, 185K, \$8,400. Phone 724-4400. Mar5

DIESEL TRUCKS. Improve power, economy, chips, kits for Dodge, Ford, Chev. Up to 100 hp 160 lbs. torque extra at rear wheels. Unbelievable responsiveness. DSG 1-800-667-6879.

CREDIT PROBLEMS? Need a vehicle? If you have a job and down payment - No credit refused! Cars On Time, Edmonton 780-440-2703 or toll free 1-800-831-4129.

WANT TO SELL your 1997 or newer truck, SUV or van? We buy clean vehicles with less than 110,000 km. Call Nafta Trading 1-800-791-8120.

4 BUSINESS OPPORTUNITIES

ACCESS TO A COMPUTER - Work from home on-line. Earn \$2,000 part-time, \$5,000 full-time. www.worktoinvest.com. Phone 1-800-311-5739. Mar12

CONTRACTS NOW AVAILABLE for the 2002 season to grow Echinacea and Seabuckthorn. Guaranteed prices. For more info call Get Real Natural Home & Body Products, 780-499-7111 or 1-877-997-4372.

GREAT CANADIAN DOLLAR STORE franchise opportunities. With more than 100 stores across Canada, we offer one of the most thrilling and affordable franchises to own. To learn more, visit our website: www.dollarstores.com or call toll free 1-877-388-0123.

TRAVEL BUSINESS (home or commercial). Full training. High commissions. Travel perks. Make a positive lifestyle change. Internat Travel (Calgary) 1-888-543-8844.

4 BUSINESS OPPORTUNITIES

COPPER WIRE Shredding operation. Consists of shredder, forklift, shearer and scale. Contact Anchor Metals at 1-403-652-4049.

DISTRIBUTORS WANTED for 100% natural H.G.H. and vitamin oral spray. Great profitability. Proven health medical results. \$2,500. investment. Excellent remuneration, high sales volume; www.breadoflife.ca. 1-403-280-8191.

YOU NEED more income. Grow Echinacea. "Free" information. Echinacea Seedlings and seed. Fantastic income from one acre. Guaranteed Seedlings and best price. Markets. Bill 780-753-6799.

RIVERS OF MONEY. Last year alone over 39 billion dollars flowed through our business. Why not get a bucket and join in! Learn how to turn a secured investment of \$19,000. into a lifetime income of up to \$2000. cash per week working only part-time hours being your own boss! All you do is stock and collect the cash! Call now for info pack 24 hours 1-888-370-8363.

TERRITORY AGENTS REQUIRED throughout Western Canada. Excellent sales plus monthly residual income. Give us a call at Cash Swipe Inc. 1-877-394-7801; cswipe@telusplanet.net.

TAXI BUSINESS for sale in Athabasca. Well established, operating since 1990. "The only taxi in town". Ideal family business. Call 780-675-5359.

INVENTORS - Product ideas wanted! Free information package. Develop & professionally present your new product idea to manufacturers through Davison, an award winning firm. Patent assistance available: 1-800-54 ideas (1-800-544-3327). UNLIMITED POTENTIAL: Excellent part-time business. Profit every time someone buys groceries. Residual income. Full company support. 1-888-279-8129; www.supermarketking.com.

STOP PRESS: Fort McMurray, housing prices are booming. The city is rapidly growing. Proven developer looking for investors. Minimum investment \$25,000. Excellent return on investment. Jim 403-667-7321.

UNLIMITED INCOME! Flex hours! Optionelle, a Canadian home-based ladies fashion company, (casual/career wear), is currently hiring/training fashion consultants. Your reasonable investment allows you to earn what you do. Call Joan 1-800-783-0830.

CANADIAN LAUNCH Featured on ABC News. Wake Up Canada! This is the Big One. 1-888-4 6 5 - 1 4 1 8 ; www.biotechmlm.com/galaxy.

6 EMPLOYMENT OPPORTUNITIES

WORK FROM HOME + LOVE IT! - Earn Extra \$700 - \$6,000 / mo. pt/ft. Free info online. www.thisway2dreams.com or 888-673-2092. Mar12

INCOME OPPORTUNITY - Now available in the Lakeland Region. Working from home. PT/FT. Training provided. Phone (780) 645-5201. Mar12

ATTENTION: NETWORKERS. Explode your downline by 30 - 40 daily plus be in positive cash flow in less than 48 hours. Not MLM or gifting. 780-939-2265; 780-648-3796.

ACCESS to a computer. Put it to work! \$1500.+ part-time; \$3000. - \$5000.+ full-time. Call 1-800-353-4729; www.thebest-system.com.

TENDERS for Ice Maker/Manager for 6 sheet curling rink for 2002/2003 season in Spruce Grove. Email russ.l@shaw.ca prior to March 20, 2002.

ACCESS TO A COMPUTER? - Work at home online. www.dreamingtrue321.com. 1-888-200-2905. Mar12

EDMONTON NEW Holland seeking Service Technician with NH experience. Excellent benefit package. Excellent wages. Will assist in relocation. Fax resume 780-962-5025 or call Harry 1-800-736-9192.

MUNICIPAL CONSERVATION SPECIALIST. Southwest corner of Alberta. Responsible for coordinating and implementing activities related to environmentally sustainable agriculture. For a job description call MD of Ranchland; 403-646-3131. Deadline 12 Noon, March 15, 2002.

GIFT AND SOUVENIR retail sales. High volume shop seeks experienced associates. Full and part-time positions from April to late October in Jasper National Park. Compensation includes hourly wage, performance bonus, subsidized accommodation. Please fax resume 604-929-6812.

EXPERIENCED VACUUM truck operators required immediately for rig work. Full benefits package, bonus and savings plan along with a very competitive wage and regular shifts. Fax resume to 403-261-9665.

BE IN FASHION. Olds College Fashion programs teach everything about fashion. Retail - Fast track into management. Production - Produce your own fashion line or run your own business; oldscollge.ab.ca. 1-800-661-6537.

MACHINIST AND A PARTS-PERSON required for full-time employment. Benefit package available. Fax resume to: Northwest Machine & Welding, High Prairie, Alberta, 780-523-4949.

CAMPBELL CHRYSLER is seeking to hire automotive technicians. We're offering - competitive pay, good working conditions. Extra hours. Benefit package. Applicants must be willing to work in a team environment. Conscientious. Eager to achieve. Forward resumes to fax 780-835-3551 or in person at Campbell Chrysler. Attention: Thomas Backes.

Wanted: Experienced Oil Hauler. Full-time work. Scheduled days off. All safety courses required. Driver's abstract. Drug and alcohol testing. Contact 780-724-3876

6 EMPLOYMENT OPPORTUNITIES

HINTON Chrysler Ltd. in Hinton Alberta is in need of a certified journeyman technician. You would be working with a team of dedicated professionals in a relaxed working environment. We offer very competitive wages and benefits. Located just 20 minutes east from Jasper National Park, Hinton has all the natural assets a person could ask for. Apply in person or fax resume to Hinton Chrysler at 1-780-865-7374.

HI-WAY SERVICE INC. Alberta's largest CaseIH agricultural dealership with eight locations in southern Alberta has an opening for: Journeyman Agricultural/Heavy Duty Technicians - Taber/Medicine Hat/Beiseker. CaseIH experience is a definite asset, but not necessary. Third and fourth year apprentice would be considered with the appropriate background. If you are dedicated, self-motivated and have a positive attitude we are looking for you. We offer a team atmosphere along with above competitive wages, ongoing factor training, and group benefits. Apply to: Human Resources, fax 403-327-3545. Email: hr@hiwayservice.com.

JOHN DEERE Agricultural Service Technicians required for #1 J.D. dealer in Canada. Require mechanical experience on tractors and agricultural equipment. Excellent work environment, incentive plan, complete benefit plan. Send resume attention: Soren Christensen, McKay Bros. Farm Implements Ltd., 3214 - 5 Ave. North, Lethbridge, AB, T1H 0P4. Fax 403-327-0723. Email: service@mckay-bros.com.

EARN a second income \$500. - \$5000. per month without a second job. Call 1-800-352-1668; www.yourdreamstown.com.

JOURNEYMAN welder 10 yrs. exp. Shop fabrication, hitches, iron sales, manage small shop in rural area. Reply Richard's Welding, Box 1647, Hanna, AB, T0J 1P0.

FULL-TIME farm help wanted. Self motivated, hard working person with farm knowledge of large equipment, livestock handling, welding and mechanics. Must have Class 1 license and be able to work on his own and have some cattle experience. Wages range \$15. - \$20. per hour according to qualifications. Accommodations available. Please fax resumes to 780-835-4559 (Peace Country Area).

LAKESIDE GOLF and Country Club requires a Greens Superintendent for the 2002 season. Applicant should possess turf management, applicator licence. Experience with drainage systems, mechanical aptitude preferred. Please send resume and 3 references to: Hiring Committee, Box 182, Eaglesham, Alberta, T0H 1H0. Deadline Monday, March 11.

ELK POINT TEMPO
Cashier
Required

Ask for Diane
724-3871

6 EMPLOYMENT OPPORTUNITIES

LOOKING for a rewarding career? Are you a motivated, team player? If so, Greshner Motors is looking for you. We need a service consultant to join our team. Experience an asset but not required. Wages based on experience, excellent benefits. Drop-off or fax resume to Neil, phone 780-594-3362, fax 780-594-2675, Greshner Motors, Cold Lake, AB.

SO MANY TRADES - So hard to choose. Fairview College can help! Co-operative Trades Orientation. Explore trade options: carpentry, electrical, mechanics, welding and more with supportive instructor guidance. Certificate Program. Or put your career into overdrive! General Mechanic. One year certificate. Heavy Equipment or Automotive Service Technician. Introductory program; Entry-level Employment Preparation; Apprenticeship opportunities 1-888-999-7882; www.fairviewcollege.com.

MAKE THE BIG BUCKS! Power Engineering offers international opportunities, excellent starting salaries. 32 week program - write the ABSA Interprovincial Fourth Class Certificate Exam. Gas Process Operations component; 1-888-999-7882; www.fairviewcollege.com, Fairview College, Alberta.

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EARN DAILY CASH! Free Online Video. Visit Today; www.dailycash.com.

6 EMPLOYMENT OPPORTUNITIES

LINE COOKS required for well established restaurants in Fox Creek and Whitecourt. Fun loving team players. Excellent wages. Please call E.J. at 780-778-8600.

SOUTHEASTERN Alberta community newspaper seeks Production Lead. Solid Quark, PhotoShop, Illustrator background. Salary commensurate with experience. Resume: Brooks & County Chronicle. Email: thechronicle@telusplanet.net.

SEASONED Reporter/Photographer for southeastern Alberta community newspaper. Must have own equipment and vehicle. Resume: Brooks & County Chronicle. Email: thechronicle@telusplanet.net.

MOTIVATED COMPOSING ROOM Supervisor. Proficient in QuarkXpress, Adobe PhotoShop, Adobe Illustrator. Pagination and scanning skills are essential. Resume: Lynne Chernin, Publisher, Camrose Canadian, fax 780-672-5323. Email: ichernin@bowesnet.com.

CLASSIFIED DESIGN/Macintosh operator. Quark experience required. Email: Attention: Laurie - advertising@nnsi.com. Visit www.nnsi.com.

SELF MOTIVATED Journeyman, HD Mechanic with good PR skills, required for busy truck shop. Knowledge of all aspects of highway tractor repairs and maintenance and licensed to certify under CUIP inspection methods. Please send resume to: Box 2759, Drumheller, AB, T0J 0Y0 or fax 1-403-823-4665.

NIGHT BAKER REQUIRED for Slave Lake IGA. Journeyman or apprentice. Competitive wages. Phone 780-849-3678 or fax 780-849-3839.

EMPLOYMENT OPPORTUNITY

Dispatcher / Accounts Processor Required
Immediately by Oilfield Trucking Firm in the Elk Point Area.

Please fax resume to 724-2839 or deliver to
Lloydminster Heavy Crude Services
5005-46 Street, Elk Point, Alberta

FLINT ENERGY SERVICES LTD. is North America's leading provider of integrated infrastructure services to the energy and resources industries. As a result of continued growth, an opportunity now exists to join the Flint team as:

FLUSHBY OPERATOR

Required for Vermilion District

- Minimum Class 3A driver's license
- Valid BOP Ticket
- Current safety courses an asset

Individuals must be competent and qualified to operate with minimum supervision.

A competitive salary and benefits package is offered. If you're a self-motivated individual who would like to be part of a well established and continuously expanding company, please forward your resume to:

FLINT ENERGY SERVICES LTD.
Box 10470, Lloydminster, AB T9V 3A6
Fax (780) 853-6095
Attention: Ken Williams

Flint Energy Services Ltd. thanks all applicants for their interest, however only those candidates invited to interview for this position will be contacted. For more information on Flint Energy Services Ltd., visit our website at www.flintenergy.com

CLASSIFIED AD RATES

ELK POINT REVIEW Tuesdays - \$4.00 per week + GST

ST. PAUL JOURNAL Tuesdays - \$5.00 per week + GST

BONNYVILLE NOUVELLE Mondays - \$5.00 per week + GST

COLD LAKE SUN Tuesdays - \$5.00 per week + GST

COMBINATION OF 3 PAPERS - \$12.00 / WEEK

COMBINATION OF 4 PAPERS - \$16.00 / WEEK

(20 cents per word per newspaper insert over 25 words)

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Your classified ad can be read in over 10,000 papers.
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GET YOU WHERE YOU WANT TO GO

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review CLASSIFIEDS

6 EMPLOYMENT OPPORTUNITIES

AUTOMOTIVE TECHNICIAN and 2nd/3rd year apprentice required immediately. Chrysler experience preferable but not essential. Excellent salary. Eastgate Chrysler Ltd., St. Paul, Alberta, 1-800-531-2194.

COOKS AND CHEFS - Banff International Hotel. \$9. - \$15. per hour. Subsidized accommodation and ski passes. Line, breakfast, first and second, sous-chef. Phone 403-760-3277, fax 403-760-3287. Email: banffih@banff.net.

INTERNATIONAL CO. expanding. Put your PC to work! Free information online. Call 1-888-351-7569; www.wealth4u.com.

STAY CLOSE, go far. You can make it anywhere. You've done it before. But now you can do it nearby. You're committed to help your community. To go the extra mile. Your career path is clear. And your future is only steps away. Your compassion is surpassed only by your commitment to service. In a family's time of need they look to you for guidance. And you provide it with respect and integrity. You are a Funeral Director/Embalmer. Please fax resume with job code FDJC001 to 1-800-696-9906 or email: careers@alderwoods.com. For more information visit: www.alderwoods.com.EOE.

SEMI-RETIRED/retired. Bored sitting at home? National Fastening Co. looking for service reps 1-2 days/week to call on existing and new accounts. Prefer someone with hardware or building supply background. Must have current driver's licence. Please reply to: Sales Manager, 6666 - 40 St. S.E., Calgary, AB, T2C 2A5.

SERVICE TECHNICIAN REQUIRED. Full-time employment for farm equipment dealership in High River. Will consider 3rd year apprentice. Remuneration negotiable. Fax or email resume. 403-652-4626; farmway@telusplanet.net.

HOW MUCH TURF could a turf tech tend? Turf Equipment Technician 1 year program. Repair, maintain golf course, sportsfields/parks equipment. Fairview College, Alberta. 1-888-999-7882; www.fairviewcollege.com.

EXCITING well paid careers: Computer programming/internet website design. Home Study Diploma. Laptop computers provided. Free enrollment kit 1-800-477-9578 (24 hours) CMS Training.

7 ENTERTAINMENT & EVENTS

CERTIFIED REFLEXOLOGIST NATIONAL COURSE - In St. Paul April 26-28, May 3-5 (if number warrant). Instruction: Allan St. Cyr; Rac-T., M.ed. Phone 780-466-9569 for registration. alstcyr@shaw.ca; www.reflexologycanada.ca

PLAN TO ATTEND seminars and a tradeshow at Northlands Park, Edmonton, Alberta. This show will cover all aspects of manufacturing, plant engineering, maintenance and safety, industrial and commercial construction, mining, forestry, municipal process and controls, environmental industries. If you have any groups/companies etc. that would be interested in receiving the information on exhibiting or attending the above function. Uniglobe Int'l Exhibitions Ltd. Show hours are Wednesday, March 6, 11 a.m. - 7 p.m. and Thursday, March 7, 10 a.m. - 5 p.m. 403-258-0705 or email: expos@uniglobe-tradeshows.com or visit our website: www.uniglobe-tradeshows.com.

EDMONTON'S MONEY SHOW, March 16 & 17. Over 25 dealers, displays, prizes and more. Coast Terrace Inn, 4440 Gateway Blvd., Edmonton. For information call Mike 780-496-6602; http://www.compumart.ab.ca/dnng.

8 FEED & SEED

FEED OATS WANTED. Also buying wheat, barley and all types of feed grains. Any condition. Prompt payment, on farm. pickup phone 403-748-4545.

ROUND HAY BALES for sale. Cheap. Free delivery, self-unloading. No Sunday calls please; 403-843-6380.

BUYING HEATED CANOLA or green. Also buying wheat, oats, barley and screening. Light weight or out of conditions accepted. "On farm pick up". Westcan Feed and Grain, 1-877-250-5252.

Oats Wanted
ON FARM PICKUP
Immediate Payment.
Toll Free
866-349-2056

9 FOR RENT

SUITE FOR RENT in 4-PLEX. Fridge, stove, washer, dryer. References required. Phone Al 724-3026. xxx

FOR RENT - 2 bedroom suite in 4-plex. Includes appliances. No pets. Phone 724-3288. xxx

10 FOR SALE

FOR SALE - Upright compressor 8 cfm, 2 hp, 3 phase c/w 80-gal. tank and air dryer. Phone 724-3766. Mar12

QUEEN SIZE BED - Box spring and mattress. Brand new, still in plastic. \$280. Phone 614-2451 or 645-9550. Mar5

DODGE, CHEV, Ford diesels. Keep warm. Electronic fast idle control. Sustain engine temperature. Extended engine life. Simple toggle operation. User friendly, no programming required. DSG 1-800-667-6879.

WHOLESALE ENGINE PARTS. Cummins overhaul kits from \$1046. Best quality at factory direct prices. Cat, Cummins, Detroit and much more. Exchange engines. DSG 1-800-667-6879.

GENERATORS WHOLESALE - Best buy from portable to large diesels. Standby and prime power. Fully equipped, ready to run. Hundreds of units in stock. Fast delivery. DSG 1-800-667-6879.

SOCCER EQUIPMENT. Factory direct. Cut out wholesaler and save money. Quality uniforms from \$10.15. Club balls top quality latex bladder from only \$14.99. Call 306-244-8933.

FUTURE STEEL BUILDINGS - Durable, dependable, pre-engineered all-steel structures. Custom-made to suit your needs and requirements. Factory-Direct affordable prices. Call 1-800-668-5111 ext. 230 for free brochure.

QUICK N' EASY modular offices, bunk houses, rec centre, community hall, OR?? No foundation required. Low as \$15/sq. ft. (+ freight). Toll free 1-866-868-4663.

GREATEST COMPUTER Special Ever! \$31./month! No downpayment. Don't pay until spring. 1000MHz computer, 17" monitor. Also Notebooks. Dealers wanted. Supply limited. Apply online O.A.C.; www.1buckaday.com.

SAWMILL \$4995. All new Super Lumbermate 2000, larger capacities, more options. Norwood Industries, manufacturer of sawmills, edgers and skidders. Free information, 1-800-566-6899, ext. 400. OT.

NEED A COMPUTER? Don't have cash? The original IBM PC, just \$1. a day. No money down! The Buck A Day Company. Call 1-800-666-3547; www.buckaday.com.

COMPLETE HYDROPONIC grow chamber. No heat! No smell! Super low power! Portable! Easily delivered! Incredible yields! State of the art! Call toll free 1-877-788-4769; www.quickgrow.ca.

10 FOR SALE

FACTORY DIRECT bungalows and 2-storey custom built homes from our High River plant. You dream it. We build it. Willow Creek Homes. Spring delivery available anywhere; 1-877-652-1872.

20 WIDE 1520 SQ. FT. Includes home theater room, 50" big screen T.V., large country kitchen, appliances, oak cabinets, many extras. \$52/sq. ft. Jandel Homes 1-800-463-0084; www.jandelhomes.com.

NEW 18 WIDES available now for viewing. \$59,900. 3 bedroom, 2 bathrooms, incredible price. Visit and tour our manufacturing facility on corner of Highway 16 and 60. Call today Ridgewood Homes Inc., Red Deer, 1-800-797-5714; Calgary, 1-800-797-5717; Edmonton, 1-780-960-2112 (collect).

\$78,900. BUYS 1,426 fabulous sq. ft. of modular home from Westalta - bay windows, garden doors, 3 appliances, two bathrooms, oak cabinets. Call 1-888-937-8111 for free information!

\$62,900. Limited Quantity. 16' wide includes jacuzzi, fireplace, cathedral ceilings, six appliances, china cabinets, skirting and more. Great 20' wide selection. Toll free 1-866-962-0238. Pleasant Manufactured Homes.

MUST SEE! New mobile homes starting at \$57,255. Free delivery 100 miles, skirting, jetted oval tub, 3 appliances, skylight. 1 year free homeowner insurance (home and contents). 1-800-470-5444.

13 LIVESTOCK

MINIATURE HORSES FOR SALE - Papered and grades. Phone 635-2162. Mar19

FOR SALE - Purebred Charolais bulls, polled, horned, reds & whites. Majestic Charolais, St. Lina. Phone 780-623-4197. Apr16

FOR SALE - Yearling Maine Anjou bulls. Black, red, horned and polled. Phone Spruce Meadow Maine's (780) 726-4198. Mar19

YEARLING BLACK & RED ANGUS - 1-year and 2-year-old polled hereford bulls for sale. Patrick Lyster, Coyote Acres, Vilna. Phone 780-636-2894. Mar26

80 BLACK ANGUS BULLS - Sell Sunday, March 10, 1:00 at the farm 7 km south of Marwayne. For information phone Duane (780) 847-2395 / 2175, Harvey (306) 236-5395, Les (306) 893-4094. Mar5

EAGLE VALLEY ANGUS - Black Angus Bulls and Females. Phone 780-367-2528. Apr30

FOR SALE - Polled Herefords, Yearling, 2-year-old bulls and yearling heifers. Halter broke. Semen tested. Delivered. NCX Polled Herefords. Phone 657-2270. Jun11

PUREBRED & PERCENTAGE SALERS BULLS - Tan, Black, Red. Polled & horned, free delivery. Great on heifers, awesome on cows. Scattered Spruce Salers. Phone 780-768-2284. xxx

RED ANGUS BULLS & POLLED BLONDE D'AQUITAINE BULLS - For sale. Free delivery and semen tested. Phone 623-4137. Jun11

8 BRED POLLED HEREFORD HEIFERS - Females. Phone 726-3751, Lakes Ranch. xxx

BULLS FOR SALE OR RENT - All breeds available. Also selling 2 GMC livestock trucks, A1 shape. One with 24' box, other 22' box. 632-2139. xxx

PROVEN TEST RESULTS show using Shorthorn Sires results in better grades. Contact the Alberta Shorthorn Association at 1-800-387-6909, for further information and sales dates.

13 LIVESTOCK

TIRED OF HORSEN' AROUND? Check out Beef Production Management. One Year Certificate. Fairview College. On-campus working farm. Comprehensive training and hands-on experience. Residence. 1-888-999-7882; www.fairviewcollege.com.

McDOUGALL CATTLE Stations Annual Bull Sale March 28/02 (day before Good Friday) at 1 p.m. On offer 57 bulls, thick meaty Full Fleckvieh, 14 Polled, 11 Red Angus, 22 km West of Breton on Hwy 616, RR 63. For more info phone 780-542-2371, fax 780-621-1859.

HEJ CHAROLAIS. Charolais Bulls for sale. Red, white, black. Fully Guaranteed. Henrik and Jeralyn Rasmussen 403-227-2824.

SANDAN CHAROLAIS Bull Sale, Saturday, March 23, Erskine, 1:30 p.m. 38 bulls - yearlings and two year olds. Mainly Red - semen tested - horned - polled. For catalogue call 306-933-4200.

FOR SALE: 150 Commercial bred ewes due to lamb mid April. Vet inspected Flock Health Program B-Status. Lambing average 160% \$200. each; 780-576-2293.

VINCENT LAKE

Charolais

Purebred Yearling
& 2-Year-Old Bulls

All bulls semen tested,
guaranteed breeders.

Phone

645-4104

15 MACHINERY

TRACTORS WANTED FOR SALVAGE - Any condition. New and used parts for Ferguson & Ford tractors. McLeod Tractor parts, 5410 Sherin Road, Edmonton, AB., T5A 0A7. Phone 780-476-1234, Fax 780-478-7694 ask for Bruce. Apr9

16 MISCELLANEOUS

mydebtsolution.com "DEBT SOLUTIONS." On line. Anytime.

NEED MONEY FAST. Immediate approval. Credit, age, income are no barriers, debt consolidation, interim financing, home purchase, small business start-up. Consolidated Mortgage and Loans. Members BBB 1-780-452-5858.

PAYDAY LOANS! Bad credit? No credit? No problem. Borrow up to \$1000. until payday. Have a job? Get a loan guaranteed! 1 hour approval. 1-866-3-PAYDAY, 24 hours/7 days; www.prdirect.com.

MONEY NOW AVAILABLE first and seconds. Low rates, easy terms. Bankruptcy and bank turn downs ok. It's equity, not credit that counts. Phone 780-484-5834.

LOANS BY PHONE. Everyone welcome. Alberta/NWT. Call now 1-888-782-2747.

THE ONE - THE ONLY - THE ONLY ONE... In Canada! Harley-Davidson Technician Program, Fairview College, Alberta. Top-notch training, equipment and facilities. Repair/maintain Harleys. High industry support and demand. Or try two wheelin' excitement with the Motorcycle Mechanic Certificate Program. Fairview College. Hands-on training for street, off-road, dual sport bikes. Certified for entry-level employment. Apprenticeship opportunities possible. 1-888-999-7882; www.fairviewcollege.com.

**Classified Ad
Deadline
4 p.m. Thursday**

17 NOTICES/LEGAL

SOFTBALL ALBERTA. The provincial sport governing body, offering softball programs in fast-pitch, slo-pitch and orthodox softball with member insurance, professional staff, coaching clinics, umpiring programs and much more. We have been organizing softball for 70 years. Call us at 780-461-7735 or visit our website: www.softball.ab.ca. **LARGE ANTIQUE, Collectibles,** Coin Auction, Sunday, March 10 at 9:30 a.m. Camrose Regional Exhibition, mile east of Camrose on Hwy. 13. Antique furniture, china, rare tin toys, old coins. K&K Auctions, 780-375-2376. No buyer premium.

18 PERSONAL

ANNOUNCEMENT! Survey 2001 says: Mystical Connections Spiritual Advisors #1 for the year! 18+, 5 a.m. - 1 a.m. Pacific time, \$2.99/minute, 1-900-677-5872 or Visa/MC 1-877-478-4410; www.mystical-connections.ca.

CANADA'S TOP PSYCHICS. Are you ready to believe in psychics again? Call now, you won't be disappointed! 1-900-451-7070, \$2.95/minute 18+.

COUNTRY LIFE INTRODUCTIONS. Introducing you from small city to farm type people. Personal interview, quality clients guaranteed. Central Alberta. 1-866-456-1668. Website: www.countryintro.com.

STRAUSS HEARTDROPS. World's first 100% herbal. Effectively supporting the heart, arteries, circulation, warming cold hands and more. Visit your health food store or call 1-866-478-2873.

21 RECREATIONAL

1991 POLARIS 350 QUAD - 4x4, c/w 2500 lbs. warn winch and push blade. Very good condition. Asking \$3,250 obo. Call between 5:30 pm and 8:00 pm. Phone 614-2424. Mar5

CASH PAID immediately for used cars, trucks and RVs. Call Southside's Auto or RV sales department 1-800-662-7176; 403-346-5577. Southside Dodge Chrysler Jeep & RV Sales.

EASY CASH for your used RV. Instant and hassle free (1988 or newer). 403-291-1203 or 1-877-414-2458.

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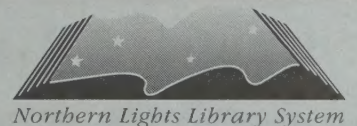
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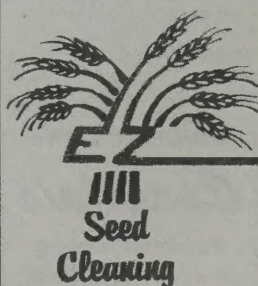
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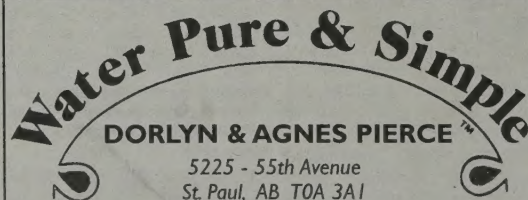
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